

Tempeh/Eggplant Bacon

Heart Health

Items Needed: cutting board, knife, measuring cups, measuring spoons, baking sheet, pastry brush, non stick skillet.

Ingredients:

- 1 small/medium eggplant or 1 block of tempeh
- 2 tbsp olive oil
- 1 tbsp low sodium tamari or soy sauce
- 1 tbsp maple syrup
- 2 tsp liquid smoke
- 1 tsp smoked paprika
- Shake of garlic and onion powder
- Salt and pepper to taste

Directions:

For Eggplant Bacon

1. Preheat oven to 275 degrees, use a mandolin and slice the eggplant thinly.
2. In a small bowl, add all ingredients and mix together.
3. Lay out the eggplant on a baking sheet and brush both sides with the marinade. Bake for 30 minutes or until the eggplant is a dark golden color.

For the Tempeh Bacon:

4. Brush the tempeh with the smoke marinade.
5. Bring a non stick skillet to medium heat. Add 1 tsp of olive oil to the pan, add the coated tempeh and cook until golden on one side. Flip to the other side and cook through until crispy.

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

